

Mary T. Meagher Aquatic Center



201 Reservoir Avenue
Louisville KY 40206

Jerry E. Abramson
Mayor

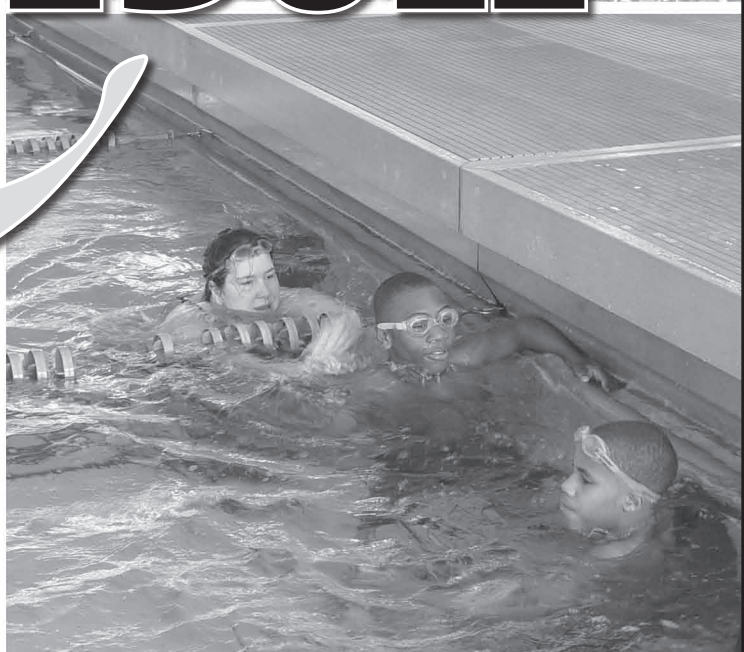
Louisville Metro Council



METRO
Parks
www.metro-parks.org



MARY T. MEAGHER AQUATIC CENTER SCHEDULE



**Winter/Spring
2009**

January 1 - May 31



**METRO
Parks**
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About the Facility

Mary T. Meagher Aquatic Center

201 Reservoir Avenue
Louisville KY 40206

phone 502/897-9949

fax 502/897-2549

email parks@louisvilleky.gov

web www.metro-parks.org

Hours

Monday through Friday, 5 a.m.-9 p.m.

Saturday, 9 a.m.-6 p.m.

Sunday, CLOSED

Facility and Park Amenities

The facility includes:

- Olympic (50 meter) 11-lane competition swimming pool
- Therapy pool
- Weight room

Crescent Hill Park also has:

- Lighted tennis courts
- Crescent Hill Golf Course - 9 holes
- Louisville Water Company Reservoir- 0.75 mile walking path

Programs offered by Metro Parks Aquatics include:

- Aqua aerobics
- Aqua therapy classes
- Arthritis and deep water classes
- Birthday parties
- Pre-competitive training
- Swim lessons for all ages
- Dive-in movie

Mary T. Meagher is the greatest butterfly swimmer ever. For her feats she earned the nickname "Madame Butterfly." Meagher won three gold medals at the 1984 Olympics, in both butterfly events (100m and 200m) and in the 4x100m medley relay. In 1988, by then past her prime, she earned a bronze in the 200m butterfly and a silver in the medley 4x100m relay. Meagher would likely have won both events in 1980, had the United States not boycotted the Moscow Olympics. She was world champion in 1982 over 100m and in 1986 over 200m. She set two world butterfly records over 100m, and five over 200m, beginning in 1979. Her performance at the 1981 U.S. Nationals remains her greatest effort, when she set world records of 57.93 for 100m, and 2:05.96 for 200m. These records, extremely dominant for their time, both lasted until 1999 before being broken. Her full name was Mary Terstegge Meagher, with her middle name derived from her mother's maiden name. Meagher was always known as Mary T. to differentiate her from a sister who later entered a convent, to literally become a sister, Sister Mary Glen.

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Staff

Scott Risinger

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Aquatics Manager

Kathleen Davis

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Aquatics Supervisor,

swim lessons, aquatic classes, WSI instructor/trainer

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Keith Smith

Head Lifeguard • lifeguard, CPR and first aid training

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Susan Mahoney

Information Specialist • general questions

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Yolanda Allen

Administrative Clerk

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The mission of Louisville Metro Parks is to create a City of Parks where people can play, learn, grow and be healthy.

The mission is accomplished by taking care of all parks properties and creating new ones, by providing safe and diverse recreational programs, and by protecting our public lands and resources for future generations.

Lifeguard Training

Lifeguard training classes begin each month. The next class begins January 26th.

The fee is \$180 for those not working for Metro Parks and FREE for those who are employed by Metro Parks.

Training includes: Lifeguard/First Aid, CPR for the Professional Rescuer, and Jefferson County Board of Health Guard Certification.

Call Head Lifeguards Keith Smith, at 897-9949, (ext 23), or Mike James (ext 25) for more information.



Dive-In Movie



Madagascar 2: Escape 2 Africa

April 2 • Doors open at 5:30 p.m., movie starts at 6 p.m.

Tame those winter blahs and have some family fun - dive in and watch a favorite movie for free! Bring your float, swimsuit and towel, because you're gonna get wet.

Groups are welcome to participate! Swimmers 8 and under must be with a chaperone of at least 18.

For more information or to make reservations for your group, call 502/897-9949.

Hammerheads Swim Team

For kid ages 5 to 18.

Those age 10 and under must swim at least one length of the pool. Those 11 and up must swim at least two lengths of the pool; they may use any stroke, but must do so without stopping.

New Swimmer Tryouts:

Saturdays, May 9, 16 and 23, Noon-1 p.m. (Swimmers trying out attend only one day)

The first day of regular practice (the last day to register for the team) is Friday, May 29th, 2009.

You must be registered to attend practice, and you must register in person.

Fee: \$95.00 for each child; \$85 for each additional child

Fee includes a Hammerheads swim cap!

FOR MORE INFORMATION,
CONTACT KATHLEEN DAVIS
AT 897-9949, EXT 26

Birthday Parties

AVAILABLE DURING RECREATIONAL SWIM HOURS!

Mary T. Meagher Aquatic Center will provide:

- Certified Lifeguards
- 1-meter Diving Board
- Water Basketball
- Tables and Chairs

You may bring:

- Food
- Birthday cake
- Decorations, etc.

Please do not bring:

Glass containers or confetti



Friday Parties

The pool closes at 9 p.m., and all visitors are asked to be out of the facility by 9:15 p.m.

Party Room

7-9 p.m. • \$5/swimmer

Deck Party

7-9 p.m. • \$4/swimmer

Saturday Parties

Saturday parties are 2 hours only. Please have your area cleaned up no later than 15 minutes after your party has ended.

Party Room

Noon-2 p.m. • \$5/swimmer

3-5 p.m. • \$5/swimmer

Deck Party

Noon-2 p.m. • \$4/swimmer

3-5 p.m. • \$4/swimmer

Registration and Information

Reservations must be made in person, and are on a first-come, first-served basis. All birthday parties require a non-refundable \$20 deposit which is due at the time the party date is reserved. The deposit will be applied toward the final cost of your party. A non-refundable \$10 fee is assessed if you change the party's date. Cash, check, Mastercard and Visa are accepted (driver's license number, date of birth and telephone number are required on all checks). Make checks payable to Metro Parks, and payment must be made in person at the Mary T. Meagher Aquatic Center, 201 Reservoir Avenue, Louisville KY 40206.

*Children age 2 and under will be charged for reserved birthday parties.

Holidays and Reduced Hours

Swim Meets

January 10, February 20, 21, March 20, 21

Limited lap lanes/limited parking, no Aqua Aerobic classes, Therapy Pool closed.

Closed

January 1 New Year's Day
January 2 Louisville Metro Gov't employees furlough
April 3 Furlough day
May 1 Furlough day

Holiday Hours

May 25 • Memorial Day 9 a.m.-5 p.m.
July 4 • Independence Day 9 a.m.-5 p.m.

No swim lessons during Spring Break, March 30 through April 2, and Recreational Swim hours on those dates will be Noon-9 p.m.

See schedule change and closing fliers at the front desk for additional information.

Information

The Metro Parks Aquatics office is located at 201 Reservoir Avenue, between Frankfort Avenue and Brownsboro Road (see map on the back of this schedule).

For additional program information, call Kathleen Davis at 502/897-9949.

Facility Hours and Membership

Lap Swim and Weight Room

Monday through Friday	5 a.m.-9 p.m.
Saturday	9 a.m.-6 p.m.
Sunday	CLOSED

Winter/Spring Recreational Swim

Specified lanes may be used for non-lap swim during the following times:

Monday through Friday	Noon-3:30 p.m. • Friday only 7-9 p.m.
Saturday	Noon-6 p.m.
Sunday	CLOSED

Those 9 and older must have an ID to enter the facility. IDs may be made at the Mary T. Meagher Aquatic Center during regular business hours. Cost is \$4. You must provide proof of name and address. After May 31, IDs may also be made at Norton Pool in Camp Taylor Park, 4201 Lee Avenue.

Children under 8 must be accompanied by a person 12 or older.

Therapy Pool open hours are on page 4.

Fees

Children (3-12)	\$2.25
Adults	\$4.50
Therapy Pool Only	\$3.25 (1 hour maximum per visit; you must have a doctor's consent form on file)
12-Visit Lap Swim/ Weight Room Punch Card	\$48

Membership Information

Monthly Pass		Yearly Pass	
Individual	\$38.50	Individual	\$330
Family 3-Month Pass*	\$165	Family*	\$495

Senior Passes • Available to patrons age 65 and older

Monthly Pass		Yearly Pass	
Individual	\$35	Individual	\$300
Family 3-Month Pass*	\$150	Family*	\$450

* Family members must all live in the same household

**PLEASE CHECK POSTED
LANE ASSIGNMENTS
FOR LANE AVAILABILITY!**

Patrons who pay the daily fees or have monthly/yearly passes may use the Weight Room.
Youths under the age of 15 must have direct supervision
by a parent or responsible adult when using weight equipment.

Baby Splash

The Baby Splash program is designed to give your child an introduction to the water and includes fundamental swimming and recovery skills. Until toilet trained, babies must wear tight-fitting swimsuits.

Level 1
6-12 months

Parent and child together • An introduction to the water as well as swimming and recovery skills.

Level 2
12 months & older

Parent and child together • Improve fundamental swimming and recovery skills. Level I prerequisite.

Level 3
1-3 years

Parent and child together • Improve fundamental swimming and recovery skills. Some independent swimming will occur. Level II prerequisite.

● Wednesdays

Session I • January 7-February 18

(six-class session • no class January 28)

Session II • March 4-April 29

(six-class session • no class March 25 and April 1)

6-6:30 p.m.

Level I

6:35-7:05 p.m.

Level II

● Thursdays

Session I • January 8-February 26

Session II • March 5-April 30

10:30-11 a.m.

Level I

11:30 a.m.-Noon

Level II

● Saturdays

Session I • January 17-March 14

(no class February 21)

8:30-9 a.m.

Level III

9:30-10 a.m.

Level II

10-10:30 a.m.

Level I

Session II • March 28-May 30

(no class April 4 and May 2)

8:30-9 a.m.

Level III

9:30-10 a.m.

Level II

10-10:30 a.m.

Level I

Swim Lesson Fees

Baby Splash

\$45

Baby Splash

6 Class Session

\$34



Saturday Swim Lessons

Saturday Lessons

Session Dates I • January 17 - March 14 (no class February 21)
II • March 28 - May 30 (no class April 4 and May 2)

Baby Splash	8:30-9 a.m.	Level III
Baby Splash	9:30-10 a.m.	Level II
Baby Splash	10-10:30 a.m.	Level I

See next page for Baby Splash level descriptions.

Preschool	9-9:30 a.m.	Levels I, II & III
Preschool	10:30-11 a.m.	Levels I, II & III

Grade School	9:40-10:20 a.m.	Levels I, II & III
Grade School	11:10-11:50 a.m.	Levels I, II & III

Adult	Noon-12:40 p.m.	All levels
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Swim Lesson Fees

Baby Splash/Preschool	\$45
Grade School/Adult	\$50

Six Class Session

Baby Splash/Preschool	\$34
Grade School/Adult	\$38

ABOUT SWIM LESSONS . . .

Our staff utilizes the American Red Cross swim lesson program, which covers skills and knowledge in a logical progression of skill development levels, described below. Refer to the descriptions to determine preschool or grade school placement.

Level I	Introduction to water skills. Getting comfortable with the face in the water, floating and kicking on front and back.
Level II	Fundamental aquatic skills. Begin independent performance of front and back floats and glides, front and back crawl a short distance.
Level III	Stroke development. Coordinate front and back crawl strokes, treading water, and introduce butterfly and diving.
Level IV	Stroke improvement. Continue improvement and distance of front and back crawl strokes and butterfly; begin breaststroke and elementary backstroke.

Registration

All classes require paid registration prior to participation and are on a first-come, first-served basis. Each class is limited to 6 students. Cash, check, Mastercard and Visa are accepted (driver's license number, date of birth and telephone number are required on all checks). Make checks payable to Metro Parks. Payment must be made in person at the Mary T. Meagher Aquatic Center, 201 Reservoir Avenue, Louisville, KY 40206.

Discounts

Patrons with monthly or yearly passes receive a \$5 discount for each swimmer. Register more than one family member at the regular price, for the same session, and receive a \$5 discount for each additional swimmer. For more information about these programs call Kathleen Davis at 502/897-9949, ext 26.

Aqua Exercise

Mondays, Wednesdays and Fridays

7-8 a.m.	Deep Water Class*
8-9 a.m.	Introduction to Deep Water / Deep Water Class (Monday & Wednesday only)*
8-9 a.m.	Aqua Exercise
9-10 a.m.	Cardiac Class (Monday & Wednesday only)
9-10 a.m.	Aqua Exercise
10-11 a.m.	Aqua Exercise
11 a.m.-Noon	Aqua Exercise
Noon-12:45 p.m.	Hydro Boot Camp
5:30-6:30 p.m.	Aqua Exercise (Monday & Wednesday only)
6:30-7:30 p.m.	Deep Water* (Monday & Wednesday only)

Tuesdays and Thursdays

7-8 a.m.	M.S. and related conditions
8-9 a.m.	Aqua Exercise
9-10 a.m.	Pre- and Post-Natal Class (Thursday only)
9-10 a.m.	Aqua Exercise
10-11 a.m.	Aqua Exercise
11-11:30 a.m.	Baby & Me Exercise (Thursday only) \$2.25 per class. Swim with your infant while you exercise in the therapy pool.
11 a.m.-Noon	Waterwalking/Arthritis
Noon-1 p.m.	Yoga in Therapy Pool (Tuesday only)

Saturdays

11 a.m.-Noon	Deep Water*
Noon-1 p.m.	Aqua Exercise

**REMEMBER
TO
LOCK
YOUR
LOCKER!!!**

New Class! Hydro Boot Camp

High-intensity workout including cardio, endurance and strength training.

Mon, Wed, Fri, Noon-12:45 p.m. • Classes begin January 12

Fees for Aqua Exercise Classes held in the Olympic Pool

If you purchase a monthly/yearly pass, the daily fee is \$2.25, or you may purchase a 12-visit Exercise Card for \$24. Monthly members may only purchase a maximum of 2 punch cards during their corresponding membership period.

If you do not purchase a monthly/yearly pass, the daily fee is \$4.50, or you may purchase a 12-visit Exercise Card for \$48.

You may take a second class on the same day for only \$1!

*Participants must be comfortable in deep water.

Therapy Pool Schedule

TIME	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 a.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
7 a.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
8 a.m.	CLOSED	Low Impact	Open Time	Low Impact	Open Time	Low Impact	CLOSED
9 a.m.	CLOSED	Open Time	Open Time	Open Time	Open Time	Open Time	Swim Lessons
10 a.m.	CLOSED	Arthritis Class	Open Time	Arthritis Class	10 • Open Time 10:30 Baby Splash	Stroke Club	Swim Lessons
11 a.m.	CLOSED	Arthritis Class	Open Time	Arthritis Class	11 • Baby & Me 11:30 Baby Splash	Arthritis Class	Open Time
Noon	CLOSED	Arthritis Class	Yoga	Arthritis Class	Aqua Chi	Arthritis Class	Open Time
1 p.m.	CLOSED	Arthritis Class	Open Time [†]	Arthritis Class	Adapted Leisure	Arthritis Class	Open Time
2 p.m.	CLOSED	Open Time	Open Time	Open Time	Open Time	Open Time	Open Time
3 p.m.	CLOSED	Open Time	Open Time	Open Time	Open Time	Open Time	Open Time
4 p.m.	CLOSED	Low Impact	Open Time	Low Impact	Open Time	Low Impact	Open Time
5 p.m.	CLOSED	Warm Water Workout	Open Time	Warm Water Workout	Open Time	Warm Water Workout	Open Time
6 p.m.	CLOSED	Swim Lessons	Swim Lessons	Swim Lessons [†]	Swim Lessons	Open Time	CLOSED
7 p.m.	CLOSED	Open Time	Open Time	Open Time	Adapted Leisure	Open Time	CLOSED
8 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Fees for Aqua Exercise Classes held in the Therapy Pool

If you purchase an Aquatic Center monthly, yearly or family pass, classes are free.

If you do not purchase an Aquatic Center monthly, yearly or family pass, classes are \$4 per day – or you may purchase a 12-visit Aqua Card for \$38.50.

All persons using the Therapy Pool must have a consent form signed by a doctor on file. Forms may be obtained at the front desk.

[†]Home of the Innocents aqua program on the first Tuesday and last Wednesday of each month.

Weekday Swim Lessons

Weekday Lessons

Session I	January 12-February 5
Session II	February 9-March 5
Session III	March 9-March 26 (six-class session)
Session IV	April 6-30
Session V	May 4-29 (May 29 is a Friday)

Swim Lesson Fees

Preschool	\$45
Grade School/Adult	\$50

Six-Class Sessions

Preschool	\$34
Grade School/Adult	\$38

Weekday classes are offered in the afternoons and evenings. Classes meet two times weekly on Monday and Wednesday or Tuesday and Thursday. Register participants based on their ages and the skill levels listed on page 7. The levels taught in each session are indicated to the right, below. All swim classes are also offered on Saturdays.

Class	Meets	Levels
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Preschool 3 to 5 years Sessions I-V	Mon & Wed, 2-2:30 p.m.	1, 2 & 3
	Mon & Wed, 2:45-3:15 p.m.	1, 2 & 3
	Tue & Thu, 6-6:30 p.m.	1 & 2
	Tue & Thu, 6:35-7:05 p.m.	2 & 3
Session III, IV & V	Wed only, 6-6:30 p.m.	1
	Wed only, 6:35-7:05 p.m.	1 & 2

No Mon/Wed evening Preschool classes during Sessions I and II.

Preschool classes focus on water adaptation, basic safety skills and beginning stages of swimming. Parents are spectators during lessons. Children must wear tight-fitting swimsuits until toilet trained. Levels 1-3 taught.

Grade School (6 years and older)

Session I & II	Tue & Thu, 6-6:40 p.m.	1 & 2
	Tue & Thu, 6:50-7:30 p.m.	1, 2 & 3

No Mon/Wed grade school classes during Sessions I and II.

Session III, IV & V	Mon & Wed, 6-6:40 p.m.	2 & 3
	Mon & Wed, 6:50-7:30 p.m.	2 & 3
	Tue & Thu, 6-6:40 p.m.	1 & 2
	Tue & Thu, 6:50-7:30 p.m.	1, 2 & 3

These classes teach youngsters the building blocks of the four basic swimming strokes (front crawl, backstroke, breaststroke and butterfly) as well as sidestroke and elementary backstroke in a progressive manner. See Red Cross levels on page 7 in order to place your child in an appropriate class. Levels 1 and 2 taught.

Adult	Tue & Thu, 7:30-8:10 p.m.	All levels
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Instructors work with adults of all ages and all abilities to develop goals and increase personal safety. Whether you are just learning to swim, are a little scared of the water, or are training for a triathlon, our staff can help!

Swim lessons do not meet March 30 - April 4.